The Lions' Pride

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Dr. Kirk's Education Testimony for Servicemen and Veterans

By Racheljoy Capitola
Editor-in-Chief

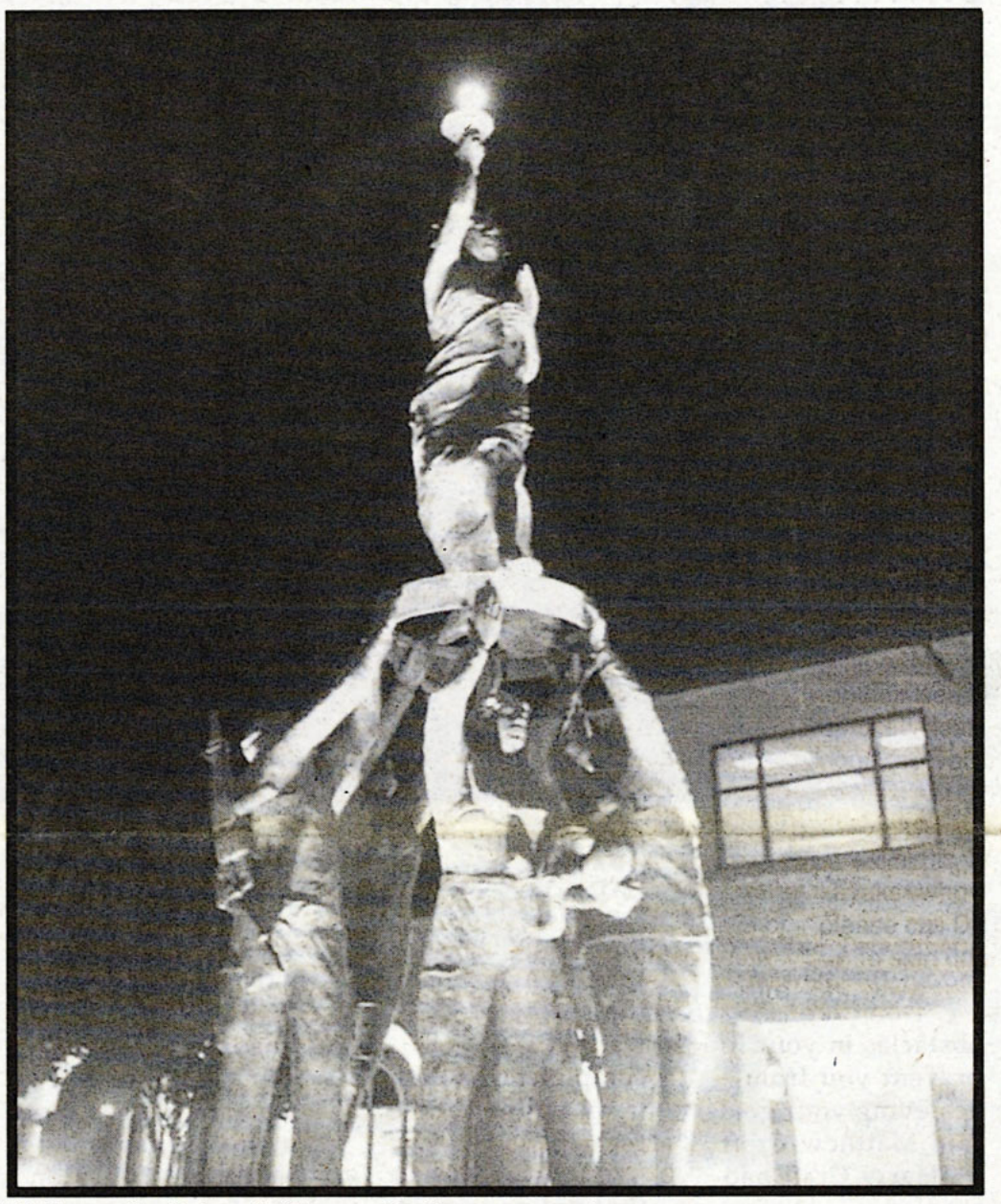
For about 40 years, the University has striven to support and to assist military members and veterans in their pursuit of education.

According to a press release from the House of Representatives on Sept. 10, The Subcommittee on Higher Education and Workforce Training held a hearing to see how institutions were helping military-affiliated individuals obtain degrees and earn job training. The University President Arthur F. Kirk, Jr., attended the hearing to testify on Saint Leo's behalf.

"The University is proud of its military students and is committed to providing them with outstanding academic programs and personal attention in small classes."

The University offers various programs focused on the military on campus and online. In Dr. Kirk's speech, he lists the programs that the University partnered up with such as GoArmyEd, eArmyU, and CPDLP, which help military members continue their education even if they need a flexible schedule.

Recently, in 2011, the University opened the Office of Veteran Student Services.



A Statue on the University Campus that honors our veterns.

Photo taken by Racheljoy Capitola

"The Office works collaboratively with all university departments and community organizations to best meet the needs of our student veterans in order to ensure them every opportunity to accomplish their individual goals."

G.I. Jobs and Military Advanced Education magazines ranked the University as one of the most military-friendly campuses on its annual list in 2012.

The testimony emphasized the importance of supplying servicemen and veterans not only a friendly environment, but also a place for these men and women to engage proactively in the University's wide-ranging community and to receive assistance on their path to learning: from building a "road map to graduation," receiving much needed financial aid, and having professionals available for career planning.

"We believe that social support is also critical and [we] continue to look for new ways for veteran students to connect on campus and at our education centers."

Staff, faculty, and advisors are also made available for support ranging from academic help to distress response. The necessity of educating the University community "about military culture and veteran's issues" was recognized at the hearing.

"The sense of community that these efforts build on campus benefits our entire student body—veterans and non-veterans alike."

Just last year, nearly 39 percent of students who took at least one course with the University were military-affiliated. Most of the University's servicemen and veterans participate in the online community. Although about 5 percent of veterans make up the campus population, their presence stands out.

"[Our veterans] have had a tremendously positive influence on campus."

According to Dr. Kirk, the results of the University's efforts to provide veterans with opportunities are reflected in last year's numbers: 311 associates degrees, 884 bachelors degrees, and 290 graduate degrees were earned.

The speech ended recognizing the bronze statue of in the middle of the campus courtyard which displays military men holding lady liberty above them. The statue is a symbol for students and visitors not to forget the people who have fought for the country's freedom.

"We take great pride in serving those who serve."

Check out what's inside this issue!

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Campus News

Saint Leo Senior Awarded for Supporting Others

By Shane Holman
Managing Editor

Photo of Matthew Craft receiving award.

Photo given by Shane Holman

Saint Leo University Senior Matthew Craft received the Excelsior College Student Support Award in the summer of 2013. Excelsior College is a private college in Albany, New York.

The Student Support Award is a "self-nominated award that is presented to a person (or persons) whose assistance and encouragement played a significant role in a graduate's quest to earn an Excelsior College degree," as noted by Excelsior College.

Matthew Craft was nominated by his father, Harry Curtis Craft III. Matthew received the award for providing inspiration and continued support to his father in pursuit of his father's bachelor's degree.

In the time Harry Craft attended Excelsior College, Matthew had been diagnosed with multiple sclerosis. it had been a devastating discovery. This led his father to work harder to complete his degree and to serve as a role model for his son.

"Don't let obstacles in your life prevent you from achieving your goals," said Matthew Craft.

Harry Craft had studied undergraduate programs in communications, intelligence, and public affairs before completing his Bachelor's Degree in Liberal Arts from in the spring of 2013. Harry Craft completed his degree in an online course format.

"I always heard that online learning was not "real" college. However, I believe it's harder," said Harry Craft on online courses.

The benefit of an online course format is that there is greater flexibility in scheduling, but the course content and demands can be more intensive than traditional in-person classes.

The experience of Harry Craft and his son, Matthew, is a unique one in that both Crafts were college students at the same time. Harry Craft was returning to finish his degree after multiple military deployments made it difficult. Harry was able to fulfill his goal of "leading by example" and finishing his college degree to encourage his son to stick with it and work through life's challenges.

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Campus News

Trashed: The Truth About Recycling

By Kenna Dieffenwierth
Contributing Writer

On campus there is a complicated system that never ceases to confuse students. No, not financial aid. It has to do with those complicated trash cans.

Half trash and half recycling, these contraptions are spread all around campus. The distinguishing labels are repeatedly overlooked by students who just assume it is a double sided trash can.

It is time to enlighten those kept in the dark about this strange concept of trash and recycling coexisting side by side in the same can. If one piece of regular trash is put in the recycling side, the entire bag is considered contaminated and thrown in the trash. This means the valiant efforts of all those hard-core recycling fanatics out there are wasted. All it takes is one piece of pizza carelessly tossed into the wrong side to reverse the good deeds of everyone who took the time to look down and separate their waste accordingly. By throwing trash in the wrong side, you contribute unnecessarily to landfills and the increasing amounts of waste in the world.

So what is the deal with these double-sided trashcans?

Mr. Julio Cid-Altamira formerly worked as the campus recycler collecting the recycling on campus. Currently he is the Events Coordinator with Physical Plants Operations (Plant Ops) and part of his job is to oversee the student worker who currently collects the recycling.

When asked about the double sided trash/recycling containers he stated, "People look at it as aesthetically pleasing, so they look nice, and it was kind of like a trial run; but after a while they started to see that its just pretty much trash.

"I think that we should have one recycling and one trashcan. Keep those separate. Because sometimes people are in a rush, when they are in a rush they don't really know where they are tossing their garbage. They just want to get from point A to point B. So that's what tends to happen. And once that happens it destroys the whole process."

If this is the case then why are there so many of these trash cans, called "green houses," around campus? According to Mr. Cid-Altamira: "It's a lot of money, especially the way campus is growing. When I first started, there was thirty of those green houses and now there is close to fifty. So that's a lot of money. I think they were $1,000 each. I think that's one of the problems we have is just that finding a good solution its going to cost money because we are going to have to move everything out and it's time consuming."

For more reliable recycling, use the big blue bins in Saint Edward Hall, Saint Francis Hall, the School of Business Building, Lewis Hall and Crawford Hall. There are also large recycling compactors around campus. For Students living in the Apartments, there is a compactor in the parking lot outside Apartment 2 and in the parking lot outside Apartments 5 and 6. This allows for students living on campus to easily recycle unless they live in Marmion or Snyder Residence Halls.

Freshmen living up on the hill don't have very many options if they want to recycle. There is one "green house" trashcan/recycling container outside the front door. There are dumpsters for trash, but there is not a recycling compactor or even a blue bin up on the hill. The size of the "green house" recycling/ trash containers is not sufficient for two residence halls, not to mention their bad track record for being easily contaminated by trash. It is also doubtful that students will carry their recycling all the way down to the nearest recycling blue bin or compactor.

On this topic Mr. Cid-Altamira had the following to say: "As far as I know the only recycling we have up there is the greenhouse. The closest one we have to there is over in St. Eds. It's hard, especially finding space to put a twenty yard recycling compound. It's pricey and we have to go through the proper channels to make sure it gets approved, but I don't see why it wouldn't that way they wouldn't have to haul their recycling across campus."

What can you recycle?

According to Waste Management's website you can recycle the following: corrugated cardboard (like cardboard boxes), magazines, office paper of any color, newspapers, paperboard (like cereal boxes), paper cardboard dairy or juice cartons, unsolicited direct mail (even window envelopes), phone books, aluminum cans, foil and aluminum bake ware, steel cans and tins (rinse cans that contained food), wire coat hangers, empty aerosol cans, clear glass, brown amber glass, green bottles, and all rinsed plastic containers with the numbers 1-7 in a triangle on the bottom.

What can you not recycle?

Do not recycle waxed paper, food-contaminated paper (like a pizza box), mixed metal and paper (like stapled paper; you can take the staple out and recycle both the paper and the staple separately), food-contaminated metals (don't recycle food cans that haven't been rinsed), automotive parts, plumbing parts, paint cans containing wet or dried paint, electronics, any glass contaminated by earth or food waste, ceramics, heat resistant glass (like Pyrex), mixed colors of broken glass, mirror or window glass, metal or plastic caps or lids, crystal, light bulbs, cathode-ray tubes (CRTs) and contaminated plastic.

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Campus News

Reflections On 9/11

By Tom Buckley
Contributing Writer

On Sept. 11 in the Cannon Memorial Library, an open mic night was held to remember the lives lost and the fallen heroes from twelve years ago.

It was only twelve years ago that four commercial airliners carrying passengers were hijacked and used to fly into the World Trade Center and the Pentagon. Some passengers in the last plane, which was aimed for the US Capitol, heroically took over the cockpit, causing the plane to crash in a field in Shanksville, Pennsylvania. Even though it has been twelve years, people still remember the day like it was yesterday.

At the beginning of the reading the song by Alan Jackson "Where Were You When the World Stopped Turning" played, along with a slideshow that included quotes, artwork and pictures drawn by children.

Jodecia Parkins was the first person to present. She read "First Writing Since," a poem by Palestinian poet Suheir Hammad, which was written after 9/11 for her brothers. Parkins then opened the floor to other people to share poems, stories, songs and other memories.

A few people shared poems and passages, including Jodecia Parkins, who opened the event, and Kara Marino, who shared a passage out of the novel "For Whom the Bell Tolls" by Ernest Hemmingway.

Junior Jessica Miller was the only person who presented her own work, a short story from a child's perspective about how she did not understand the events happening on 9/11. Miller told newspaper staff that she felt like it was the honorable thing to do to read at the open mic night, and she knew the people who were involved in putting the event together, and said that they always put on good events. She also mentioned that we will start to see more stories from children's perspectives.

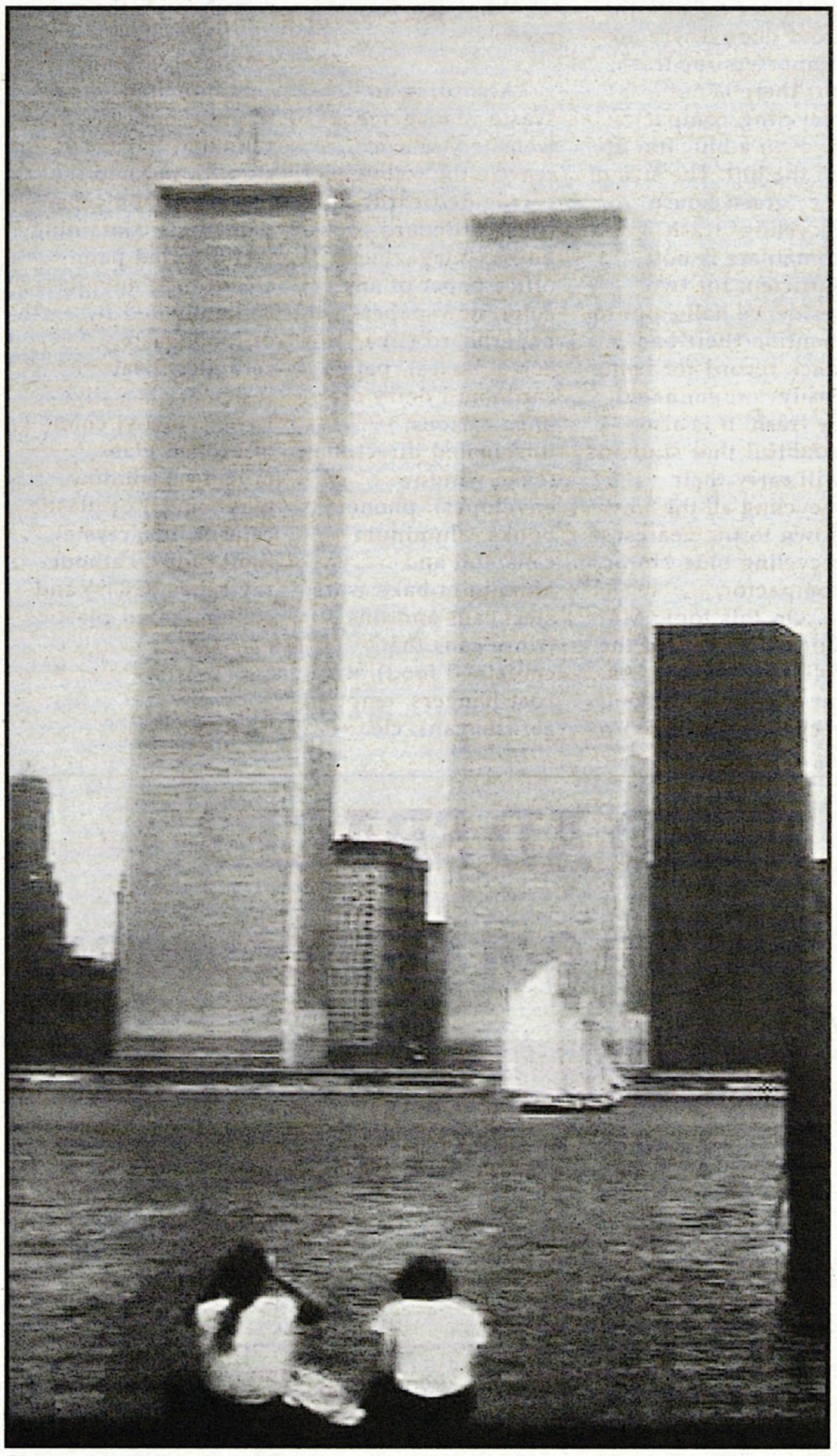
Some people shared their stories of their own perspectives on 9/11. One story was from a student who was in elementary school whose teacher showed up late and was crying when she came into class, then left, leaving her students class puzzled and wondering what was wrong.

Student Katriel Hope-Grant and her mother Carol Hope-Grant, who work in the First Year Experience office, shared their experiences of 9/11 living in New York City at the time. They told their stories through their own perceptions which differed. Katriel Hope-Grant mentioned that the unity that she saw in New York on 9/11 changed her life, and wanted the audience to know that even though people have their own perceptions of New Yorkers and how rude they can be, they all have a heart. She received help from random strangers.

Katriel Hope-Grant participated in the event because "everyone has a story to tell," and also mentioned that "in the 12 years since the tragedy, this is the first event I've ever seen that allowed for open participation as a form of commemoration."

"I thought that the stories were very touching, and the event was very well put together and organized," said freshman Victoria Quarels, who attended the open mic night to remember what happened on 9/11. The reading that she said she connected to the most was Jessica Miller's. Quarrels explained that "it is something that other girls who lived through that time can relate to who didn't fully understand the situation; at the age of six all we cared about was being able to go home early to see mommy and daddy. During this time of our lives, we had no idea of the tragic events occurring around us because our main focus was on our own little worlds."

Quarrels also mentioned that she was disappointed with the turn out of the night because 9/11 was such a tragic event. Everyone should remember 9/11, even if it is painful, because it marks an important and terrible moment in our history.

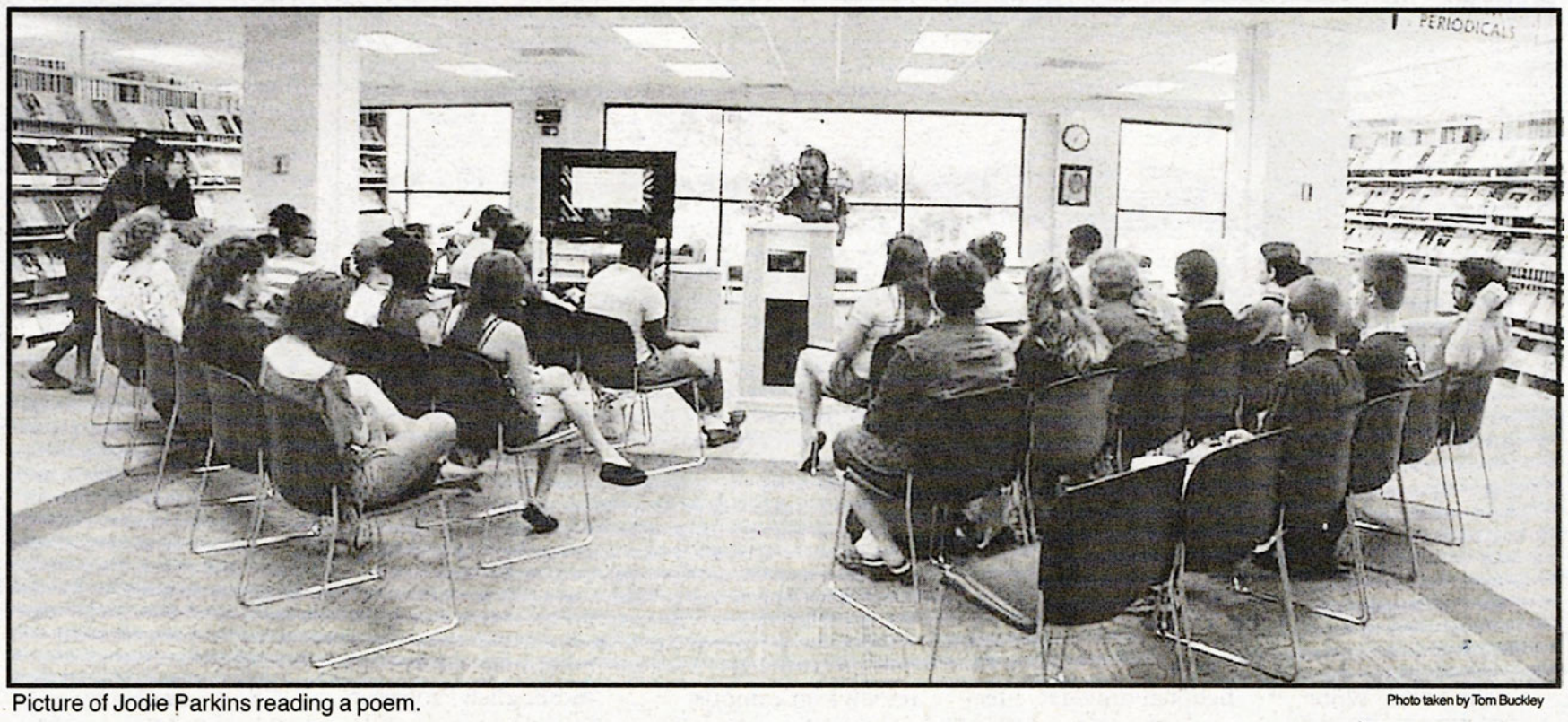


Picture of the Towers from the 90s'.

Photo from Wikicommons

Campus News

Open Mic Night



Picture of Jodie Parkins reading a poem.

Photo taken by Tom Buckley

Where Were You During 9/11?

Pamela Decius
Professor

Picture is courtesy of Brook McGinnis

"I was actually on my commute from Treasure Island to Brandon. I was scanning through stations and happened to hear Bubba the Love Sponge sounding quite concerned about a plane that had flown into the Twin Towers. I remember thinking that was weird and perhaps he was trying to create his own version of War of the Worlds and then he announced that the 2nd tower had also been hit... He sounded horrified... and scared. Shock began to sink in; my brain frantically attempted to make sense of this accident. But it couldn't be an accident? In the hours that followed, I remembered everyone in my office was huddled around the TV in the main reception area. Life as we knew it would never be the same. I think we were all trying to make sense of a horror that couldn't be fathomed."

Daniel Roman
Senior

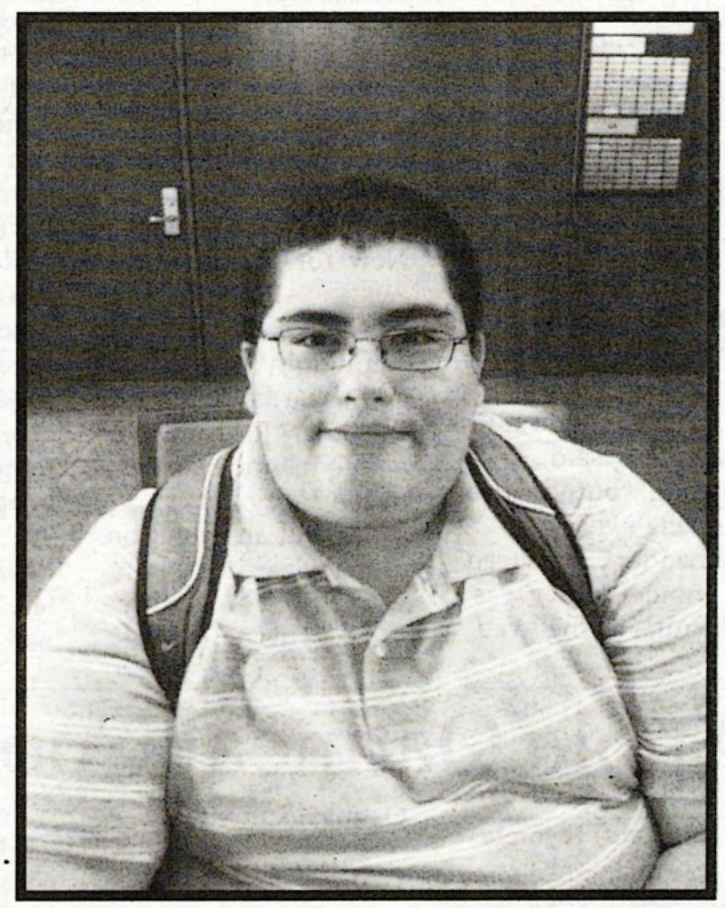


Photo taken by Shawnee Arnett

"I was in my fifth grade class, confused as to why everyone was leaving early and why all the teachers were quiet. When my mom picked me up late from school, she explained how a lot of people were lost downtown and how our prayers should be with them."

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Arts & Entertainment

Dragons and Unicorns and Gnomes- Oh My!

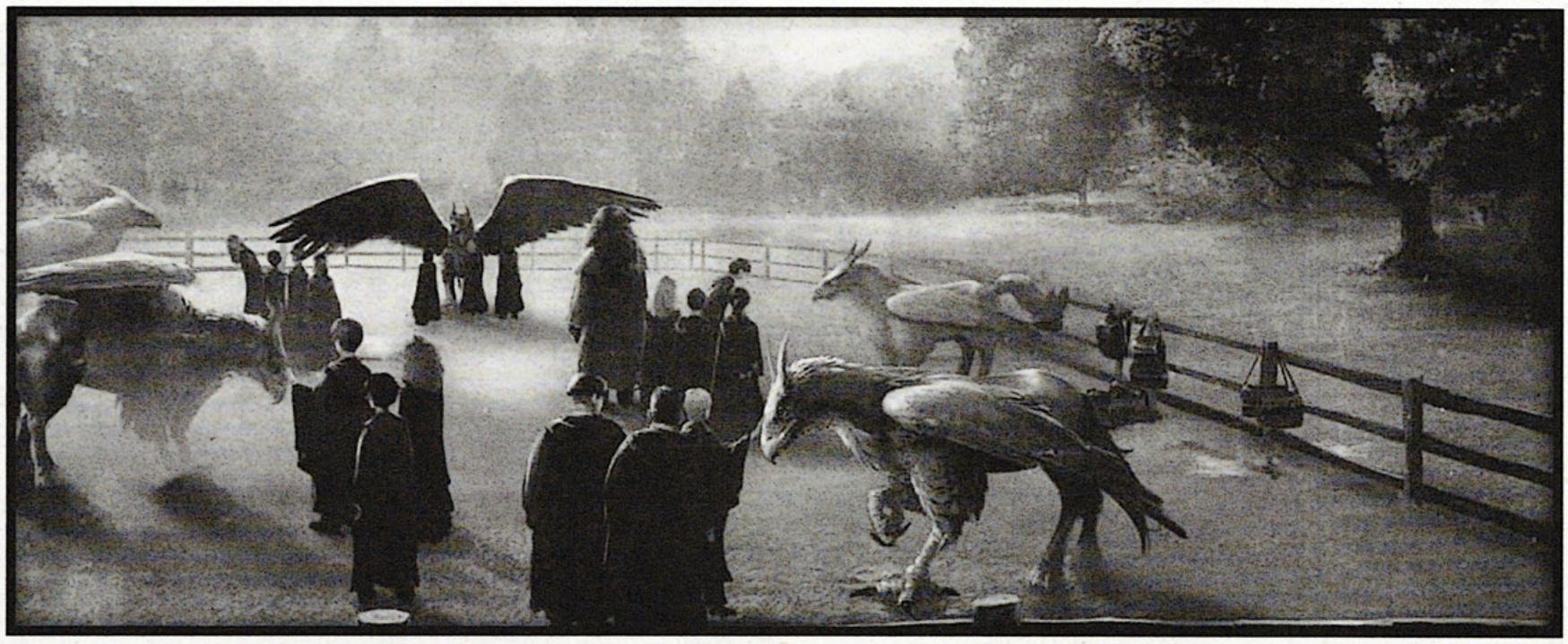

Photo Courtesy of Pottermore.com

By Craig Graves
Contributing Writer

On Sept. 12, news spread like a swarm of pixies that J.K. Rowling, author of the *Harry Potter* series, would be making her screenwriting debut with an addition to the *Harry Potter* franchise: *Fantastic Beasts and Where to Find Them*.

According to jkrowling.co.uk, Rowling was approached by Warner Bros. to turn her spin-off book *Fantastic Beasts*, written by fictional character Newt Scamander, into a series of films.

"I thought it was a fun idea," said Rowling, "but the idea of seeing Newt Scamander … realized by another writer was difficult. Having lived for so long in my fictional universe, I feel very protective of it and I already knew a lot about Newt. As I considered Warners' proposal, an idea took shape that I couldn't dislodge. That is how I ended up pitching my own idea for a film to Warner Bros."

According to comingsoon.net, *Fantastic Beasts* is slated to become a series of films and will begin seventy years before Harry Potter's time in New York.

"Although it will be set in the worldwide community of witches and wizards," said Rowling, "[it] is neither a prequel nor a sequel to the *Harry Potter* series, but an extension of the wizarding world."

This news was met with mixed reviews on campus.

"I'm really excited!" Proclaimed Kara Marino, sophomore.

"I'm really looking forward to this series of films," said Assistant Professor of Philosophy Ian Rottenberg, who teaches a course entitled Love, Death, and Harry Potter this semester, "and I see it as a fun addition to the *Harry Potter* series. Some of the best parts of Rowling's books involve her detailed description of magical species and places. These films promise to give beautiful visual representation to these imaginative creations."

"As a big *Harry Potter* and J.K. Rowling fan, I'm thrilled there will be more movies set in her magical world," said English Professor Kathryn Stasio, who teaches the English counterpart to the Philosophy course. "I'm relieved it's not a sequel. She did a beautiful job of wrapping up the *Harry Potter* story, and to go back to it would undercut the previous hard work. I think Rowling's idea to expand her magical world, as she called it, is brilliant and done in such a way as to maintain the integrity of the *Harry Potter* series."

Not everything that was said was on a positive note.

"I'm kinda sad it's not the usual characters," said Marino.

"I'm disappointed it won't have the typical characters," agreed Callie Porcher, senior. "Where are Harry and the rest of the gang?"

"I haven't read the book, but I am curious. I'd probably be more excited if I had read the book," said Katie DeMeritte, sophomore. "Every franchise must come to an end eventually. I think they're milking it."

According to comingsoon.net, Warner Bros. has an expanded partnership with Rowling that covers the Harry Potter theme parks, pottermore.com, video games, consumer products, and other attractions.

"Warner Bros. [just] wants more money," added DeMeritte, "Every franchise must come to an end eventually. They're milking it."

Apple Oatmeal Cookies Recipe

By Wendy Legorete
Distribution Editor

I haven't come across a single person who doesn't like cookies and why wouldn't they? Cookies are cheaper and easier to make then most baked goods—and now they're healthier! So if you're a person who wants to cut back on the sweets without cutting them entirely out of your diet follow this recipe for Apple Oatmeal Cookies:

Ingredients:

1/2 cup mashed avocado (which is usually equal to one whole fruit)
1/2 cup applesauce
1 egg
1 teaspoon vanilla extract
3/4 cup whole wheat flour (or regular flour if the other is unavailable)
1/2 teaspoon baking soda
3/4 teaspoon ground cinnamon
1 1/2 cups quick-cooking oats
1 apple (cored and chopped)

Instructions:

1. Preheat oven to 375 °F. In a large bowl, blend mashed avocado, applesauce, egg, and vanilla extract until well-combined. Then, blend in dry ingredients and chopped apple into the same bowl until well-combined.

2. Taking a small spoonful of dough each time, roll the dough into little spheres and place onto an ungreased baking sheet two inches apart each time (You might want to flatten each dough sphere to ensure it will cook all the way through). Bake for 12 to 15 minutes. Use a spatula to remove cookies onto a plate to cool before eating.

Now, I know some of you are thinking: "Healthy cookies? That means I can eat as much as I want!" No, you can't. Just like every other food, healthy and unhealthy alike, these things have calories (granted significantly less calories, but still) and moderation is key to making sure one doesn't overindulge in these treats. So enjoy and indulge, but don't overdo it!

Arts & Entertainment

Riddick: The Thrill Seeker's Anti-Hero

By Annie Hays
Contributing Writer

The third installment of director David Twohy's Riddick series is a gory, dark-humored action flick that can feel more like a horror movie for the faint of heart.

The movie begins with the anti-hero Riddick (Vin Diesel) killing an alien pterodactyl and emerging half alive from a pile of rubble. The next few scenes continue with Riddick fighting aliens, training his pet alien dog, and using survival tactics that even Bear Grylls would be afraid to try.

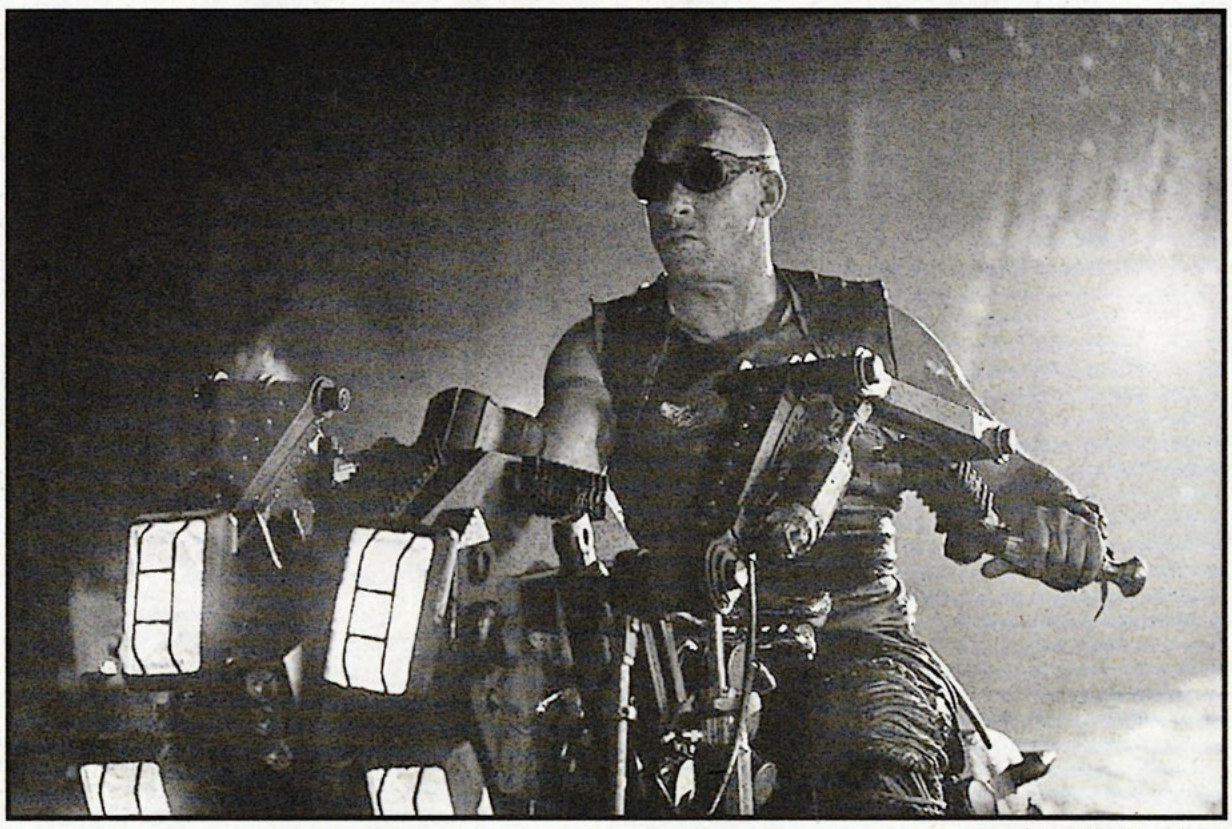

Photo Courtesy of Vin Diesel's Twitter

Riddick's goal in this movie is to escape from the sun-scorched desert planet he has been dumped on. In order to do this he has to kill giant scorpion-like creatures that live in mud pits. Then he and his dog must cross a vast, rocky desert covered in orange shrubs. After the duo cross the desert they find a bounty hunter hideout. Riddick decides to activate the hideout's distress signal in order to lure people (with ships he can steal) right to him. Presently a group of rough-looking, not mention dim-witted, bounty hunters led by Santana (Jordi Mollá) arrives. They are followed by a group of professional and well-prepared looking mercenaries led by Boss Johns (Matt Nable).

Naturally the two groups do not get along, and Riddick does a fine job sowing fear and general chaos around the camp.

For those who have not seen the first two Riddick movies (*Pitch Black* and *The Chronicles of Riddick*), the movie can seem a bit flat at times, but a quick browse through Wikipedia should be enough to understand the back story of Riddick and Johns.

The film definitely deserves its R rating. There are some naked women, a lot of profanity and dark humor, and a whole lot of blood and guts. When anyone or anything dies the director is not afraid to show all the brain-matter, intestines, and more.

The dark humor in the movie fluctuates from cheesy to sadistic and creepy, yet funny, and the audience may feel bad for laughing. Santana constantly tries to insult the woman in Johns' crew, Dahl (Katee Stackhoff), and he even tries to rape her. But Dahl does not appreciate this as she is a lesbian, and she always has a comeback for Santana and beats him up constantly.

The film's lighting is purposefully contrasted between bright orange desert in the day and the dark, dreary landscape at night. This was done because Riddick's signature power is his ability to see in the dark, so it has to be clear when he can see and when he needs his trademark goggles.

The special effects are surprisingly good. Riddick's dog looks very real, not to mention cute. The only things that look obviously fake are the scorpions, but the other fantastic creatures, futuristic technology, and scenery look believable.

The movie is probably best suited for fans of the *Punisher* series, or people who liked *Oblivion* or *Elysium* this summer.

Riddick is a wild ride from start to finish with its intense and gory action scenes, dark-humor, and an anti-hero that makes all the recent Marvel superheroes look like wimps.

Dude & Jude

If I won the lottery I would pay off all my friends' tuition, and then we'd all take a trip to some wide open land in Canada where I would establish my own Earth-friendly, diverse culture-themed theme park! And people 18 and under get in free!
That doesn't seem the least bit unrealistic to you?
Dude, we're talking about winning the lottery. You want a realistic conversation--
Go somewhere else!

by Wendy Legorete

Sports

Cross Country: Running the Show

The Women's Cross Country Team

Photo given by Michael Walker

By Michael Walker
Contributing Writer

As a recap from last week, the Men's and Women's Cross Country Team travelled to USF for the South Florida Invite. This was their season opener that almost was dismissed due to inclement weather. The race was supposed to go off at 5:00 pm but was delayed by two hours due to thunderstorms and rain. The weather, however, was not a factor for Saint Leo, who with hearts of a lions, overcame this tiny obstacle. After being told the race was going to be cancelled the skies gave a long enough break to let the meet continue. The rain brought the temperature down a significant amount and made for ideal racing conditions compared to the blistering hot day it was hours before. Due to time restraints the officials combined the Men and Women into one single 5k race. Saint Leo Men had three top spots shared between Rafal Matuszczak, Carl Dunne, and Valentine Lenz. Each dropping phenomenal times. The team overall took a fourth place finish. The woman, too, had a jaw dropping performance. Jelena Tancic passed many male collegiate runners to take a second place finish running a 17:23. The women fought through the mix of athletes and took second overall. Tampa, being one of their biggest rivals, is constantly in their eyes and fuels a fire to keep pushing faster each race to eventually beat them.

This past Saturday the Men's and Women's Cross Country team competed at the University of Florida Mountain Dew Invitational held on the Mark Bostick Golf Course. Being an invitational, Saint Leo faced many NCAA Division One opponents, such as the University of Auburn and Louisiana State University: two top running schools in the nation. For the women, this course dramatically changed from previous years, leaving everyone blind to what they were about to face and no room to strategize beforehand. There were over 270 female runners running the new 6k course as opposed to last year's 5k. This left no room to make mistakes. Dominating the field, for a 30th place overall finish and front-runner for Saint Leo University was Jelena Tancic finishing with a fiery time of 22:33. The women toughed it out over two monstrous hills, taking a fourth place finish out of eleven teams. As for the men, they took the first half of the field finishing sixth out of fourteen during this hot 8k race. Rafal Matuszczak finished first for Saint Leo, taking 23rd overall, with a time of 25:20. Following behind him was fellow athlete Carl Dunne running 25:35.

Being only two races into the season, the cross country team is showing their potential of what can possibly be one of the best cross country seasons to ever happen here at the University. These men and women are the definition of hard work and determination. We wish them the best of luck as the top runners head to Notre Dame this Friday. Sept. 20, for the National Catholic Championship.

University Athletics

SEVIERVILLE, Tennessee. 2013
Smoky Mountain Intercollege Golf Tournament

Dates: 09/09-09/10, 2013
Round: 1

2 Saint Leo University 299
T 5 Lauren Petty 39- 35 74
T 5 Heather Petronis 36- 38 74
T 9 Marie Coors 35- 40 75
T 17 Clare Connolly 40- 36 76
T 47 Lauren Shuford 42- 40 82

Saint Leo Women's Golf wins the Smokey Mountain Tournament with a first day total of 299 and a second day of 292 their combined total for the tournament was a 591 putting them in first place. Up next for the Lions is October 7, 2013 at Myrtle Beach Intercollegiate in Myrtle Beach, S.C. Round 1 the host of the tournament is the Lincoln Memorial, Lenoir Rhyne this tournament should be a thriller with the ladies being ranked 20th in the world by Golf World magazine and the National Golf Coaches Association (NGCA).

2013 Smoky Mountain Intercollege golf tournament
Round: 2

FINAL RESULTS:
1 Saint Leo University 299 292 591
3 Marie Coors 75 70 145
T 12 Clare Connolly 76 75 151
T 12 Lauren Petty 74 77 151
16 Lauren Shuford 82 70 152
T 21 Heather Petronis 74 81 155